Health and Beauty

One thing no one wants is false teeth; however, it is a good bet that we will all come to this point sooner or later. To insure that it will be as late as possible, take the time to take perfect care of the teeth that nature gave you.

Your first trip to the dentist should start at age three. The trips should be spaced six months apart from there on. Does this seem like too often to you? I can assure you it is not. Troubles with the teeth and gums begin as little troubles that, in almost all cases, you are completely unaware of.

Little problems can be treated with little discomfort and less actual expense to you if caught in the beginning. If allowed to drag on and on the discomfort and the cost will rise and rise — and worst of all, you may lose a tooth or several teeth in the process.

The problem of baby - spaced teeth can be turned over to an orthodontist if you are in your teens or in your thirties. Wonderful work is being done to improve the appearance of teeth by means of jacket crowns.

As one gets older, the teeth often become dark and more transparent from staining, wear and possibly from over use of abrasive dentifrices. What happens is that the precious enamel wears thin and the darker dentine beneath shows through.

Dentists would rather you did not smoke, as this is a major cause of discoloration.

Remember that the decay process starts during the first thirty minutes after eating. The particles left in the mouth break down to acids, which in turn de-calcify the enamel.

Use a toothbrush with a rubber tip on the base of the handle. Give your gums an active massage at least once a day with it. Your teeth can only be as healthy as your gums.

It is the duty of every mother to keep the amount of sweets, candy, chewing gum, soft drinks, ice cream, cakes, and pies very limited for her children. These are, by far the worst offenders. Try to train your children's taste buds — so they will not develop a craving for such foods. It will be hard, but your reward will come when your children have strong, cavity - free teeth.

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Buy And Bank Locally

The Bank Of Appomattox

Appomattox, Va.

Each depositor is insured for $10,000.00 by The Federal Deposit Insurance Corporation

Elementary S. C. A. Met Tues., Sept. 30

The first meeting of the Appomattox Elementary School S. C. A. was held Tuesday, Sept. 30. Jimmy Torrence presided. The new officers are as follows:

President, Jimmy Torrence
Secretary, Carolyn Coleman
Treasurer, Bill Bryant
Reporter, Gloria Doss
Vice-presidents: Freddie Carter, Mrs. Carson's room; Ronald Millner, Mrs. Hesson's room; Freddie Thomas, Mrs. Furbush's room; Grey Hesson, Mrs. Evans' room; Linda Hall, Mrs. Ligon's room; Mike Torrence, Mrs. Cyrus' room; Barry Drew, Mrs. Cunningham's room.

Each officer gave his duties. Bill Bryant gave the story of S. C. A. Each vice-president gave the number of S. C. A. members in each room. The aim, slogan, colors, emblem, and flower was explained to the group.

Advice Unlimited

San Diego, Calif.- A note on the College Avenue Baptist Church bulletin board read: "Two books have been missing from the library for a long time —"How to Pick a Wife" and "How to Choose a Husband." If whoever has them would return them, we would be most grateful."

Missiles, Go Home

Nuclear weapons are not in my line; unfortunately I am in their line. —The London Observer.

Satanic Impulse

Temptation bothers some folks most when they can't find any. -Exchange.

Help!

"Would you give ten cents to help The Old Ladies Home?"

"What? Are they out again?"

KNOW THE WEATHER

By E. H. Sims

How does an airliner's radar equipment enable it to offer a smoother ride than airliners not so equipped?

Radar, or a radar-eye, as some call it, enables the pilot of an airliner to detect the densest section of clouds ahead. The densest section (often precipitation) is usually the most turbulent. It should be avoided if passengers are not to be tossed around in their seats.

Most people do not know it but summer thunderstorms often contain updrafts and downdrafts, moving vertically at hundreds of miles an hour, very close to each other. In the old days with flimsy aircraft, a pilot raised his life entering such a cloud.

Winter clouds are not so dangerous but are more extensive, laterally. Radar allows the pilot of a passenger plane to dodge the rough spots in all seasons but more easily in summer, when the rough spots, though more numerous, are usually not general, but localized.

STILL GOING STRONG

Los Alamos, N. M.- This atomic city is convinced the day of the bow and arrow is not over.

Los Alamos Scientific Laboratory —where the world's first atomic bomb was developed — was faced with the problem of stringing wires across a box canyon in the laboratory's technical area. The wires were needed to furnish electricity for advanced research on the frontiers of science. The walls of the canyon were too steep to climb, and the distance too great for throwing a line.

So Harold W. Groves, a lab employee and an expert bow and arrow man, unlimbered his equipment, tied some fishing line to the tail of an arrow, and zipped it across the canyon. The rest was easy.

Art Undoes Art Thief

Rome.- Posing as an art dealer, a young man stole a painting from an artist, Giovanni Consolazione. Ten minutes later, Consolazione had sketched a portrait of the thief from memory. Police recognized the man as Enrico Monacelli. Now Monacelli is in jail and Consolazione has his prized painting back.

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Sleuthing Made Easy

Ventimiglia, Italy. A man who is allergic to crime finds things easy for police in this Italian town. Every time he breaks the law, he sneezes. Excitement.

Police were walking down the street, when they came on a strange. He was sneezing violently. They took him to headquarters for questioning, they learned, he had broken into a fruit store and stolen $50.

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New might! New models! New money-saving power!

Never before have trucks brought such ironclad assurance of reliability and economy to your hauling job. Chevrolet's '59 line rolls in with new ways to ride high costs right out of your operation!

You'll find ways to save in every weight class. There's a big variety of Stepside and Fleetside pickups. Plus spacious Step-Vans, 4-wheel drive models, medium-duty jobs specially designed for trailer application, and a whole lineup of heavy-duty haulers, including tougher-than-ever tandems!

A new high-performance Thriftmaster 6—featured in all Series 30 and 40 models—delivers up to 10% greater gas economy. There are bigger brakes in all Series 31 and 32 light-duty models. New Positraction rear axle is the same Series as an extra-traction, extra-cost option! Greater durability has been built into all Chevrolet cabs.

With new advances, new Task-Force advantages beneath that bold '59 design, Chevy trucks are surer than ever of staying ahead over first chance you get. Your Chevrolet dealer has a model that's bound to fill your bill!

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Several Changes Has Been Made In Your Social Security

By
Mrs. W. Dinwiddie
(for the Lynchburg Social Security District Office)

Several changes have been made in the old-age and survivors insurance as a result of Social Security Amendments which President Eisenhower signed into law on August 28.

These changes, directly or indirectly affect the American public. Working persons—self-employed — need to know them; their families need to know about them.

In the articles to follow, I shall describe the changes singly and in detail; today, I shall restrict myself to a summary of the most important changes designed to strengthen this Federal social insurance system which provides partial protection against loss of earned income upon the retirement, death or total disability of the worker.

Most important, because it affects practically all working people and their families, is the increase in benefit amounts. This applies to those now getting benefit payments and to those who will become beneficiaries in the future. Most monthly benefit checks will be about 7 per cent higher, with a minimum increase of at least $3.00 in the amount payable to a worker who retired at age 65 or later. (Women workers began to receive benefits at any time between age 62 and age 65 will receive slightly smaller increases). The maximum monthly payment a family may receive is increased from -200 to $254 a month. Families now receiving maximum monthly benefits under the law will receive increases from $7.50 to $54 depending upon the deceased worker's average monthly wages.

Right here I want to point out that people now on the beneficiary rolls do not have to get in touch with the social security office to obtain these benefit increases. The larger amounts are effective with January and will show up on the benefit checks for that month which will go in the mails early in February.

As you know, benefit amounts are figured from a working person's average earnings. Right now, only earnings up to a total of $4,200 in a year can be credited to a worker's social security account. Beginning with 1959, however, earnings up to $4,800 will be creditable and taxable for social security purposes.

Social security taxes will be increased beginning with 1959. An employed person will have 2½ per cent taken out of his pay instead of the present 2 1/4 percent; his employer will contribute 2½ per cent also. The self-employment social security tax will be increased 3/8 of 1 per cent and will become 3 3/4 per cent of net earnings up to $4,800 in the year. Self-employed people will pay at this increased rate for the year 1959 with the tax return they make early in 1960.

Important changes have been made in the disability insurance provision in the law. If a worker, age 50-64, is getting monthly benefits because he is too disabled for further substantial gainful work, payments can be made to his dependents just like the payments made to oldage insurance beneficiaries. However, a person entitled to social security disability benefits no longer has the amount of his benefit payment reduced or withheld because he is receiving disability payments from other Federal or State source.

The amended law also makes it easier for people whose disabilities develop gradually to qualify for either cash disability benefits or the disability "freeze." This is brought about through a change in the work requirements. It is no longer necessary that the worker have at least 1½ years of social security credit out of the 3 years before he became disabled. The standards for determining disability remain the same. A person must still be unable to perform substantial, gainful work. The new requirement is that the worker be fully insured and have 20 quarters of coverage out of the 40 calendar quarters before he became disabled.

Other changes have been made in the social security law, 2 including several relating to benefits for dependents. I will discuss the latter in my next article.

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THEY'RE STILL JOBS TO BE DONE IN GARDEN

It isn't quite time for the home gardener to talk to his armchair.

Horticulturists at VPI say October jobs that need doing include cleaning up the garden and surroundings, seeding cover crops, and fertilizing strawberries.

Here are timely garden suggestions from the specialists:

Clean up and destroy all trash and refuse in and around the garden. Trash serves as a winter harboring place for many garden insects.

Seed 1 pound of Italian rye grass and 2 pounds of crimson clover for each 1,000 square feet of garden space. September is the proper time to seed crimson clover, but fair results may still be had if Indian summer lasts awhile. Oats, barley or rye, seeded at the rate of 4 to 6 pounds per 1,000 square feet, may make better growth and cover when seeded late. If fall and winter vegetables remain in the garden, seed crops between the rows.

All small fruits, especially strawberries, will benefit from a fall application of a complete fertilizer. For average soils and growing conditions, this application should be made no later than the first week or so in October. Use a regular garden fertilizer such as 5-10-5, 5-10-10, or 4-12-8 at the rate of 25 to 30 pounds per 1,000 square feet. Spring fertilization is not normally recommended for small fruits as it may cause growth of too much foliage, and soft fruit.

Remove tops of asparagus after they have quit growing or been killed by frost. Disk the beds lightly, but thoroughly. Keep weeds and grass out by frequent cultivations, or by chemicals. To control germinating winter weeds in established plantings during dormancy, use CMU at the rate of 3 level tablespoons to 1 gallon of water per 1,000 square feet. Wash sprayer thoroughly before using it for other purposes.

Onion sets should be planted this month. Ebenezer and White Portugal are two varieties recommended for Virginia. Plant sets at least 2 inches apart in rows 12 inches apart and 1 inch deep.

Start planning for your next year's garden. Make a list of the vegetables and varieties you grew this year. Write down comments on such things as yield, quality, maturity, etc., and keep them until you are ready to place your order for seed. You will be able to make a better selection. Don't wait and have to depend on memory.

More Vitamin A in Diet May Reduce Blood Spots

The number of blood spots in chicken eggs can be reduced by adding more vitamin A to the diet, according to tests made at Western Washington Experiment Sation.

The researchers also noted that increasing energy levels from 1115 to 1450 calories per pound resulted in more blood spots in the eggs.

IS YOUR FAMILY STILL GROWING?

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EVERYTHING to build ANYTHING

LEGAL ORDER

Office of the Town Clerk
Town of Pamplin, Virginia
September 16, 1958

NOTICE is hereby given in pursuance of Section II of an Ordinance approved September 16, 1958, that bids shall be received for the franchise privilege and rights proposed to be granted by the following ordinance, by the presiding officer of the Council of the Town of Pamplin, Virginia, at the regular meeting of said Council, which will be held in the Council Chamber, on the 4th day of November, 1958, at the hour of 8:00 o'clock P. M., and after the receiving and opening of such bids, the Council will proceed with the consideration of the granting of the said proposed franchise in the mode prescribed by law.

All bids must be in writing. The right is hereby expressly reserved to reject any and all bids. The proposed franchise ordinance is in the words and figures following:

AN ORDINANCE

To provide for the grant by the Town of Pamplin, Virginia, to a person or persons, or to a corporation, its successors and assigns, hereafter to be ascertained in the mode prescribed by law, of the right for the term and upon the conditions herein stated, to use the streets, alleys and public places of said Town, and to acquire, erect, maintain and use, and if now constructed to maintain and use, poles, towers, wires and appliances over and along, and to acquire, construct, maintain and use, and if now constructed to maintain and use, conduits or subways, including necessary manholes, and to run cables and wires in, under and along the streets, alleys and public places of said Town, for the purpose of distributing and transmitting electric current for light, heat and power, and to supply and sell electric current for light, heat and power at any point within the corporate limits of said Town, as the same now exist or may hereafter be extended or altered.

BE IT ORDAINED BY THE COUNCIL OF THE TOWN OF PAMPLIN, VIRGINIA:

I. That there shall be granted in the mode prescribed by law for franchise grants and upon the conditions hereinafter specified, the rights and privileges on, over and under the streets, alleys and public places of the Town of Pamplin, Virginia, embodied in the following draft of an ordinance entitled:

AN ORDINANCE

To grant to
its successors and assigns, the right for the term and upon the conditions herein stated, to use the streets, alleys and public places of the Town of Pamplin, Virginia, and to acquire, erect, maintain and use, and if now constructed to maintain and use, poles, towers, wires and appliances over and along, and to acquire, construct, maintain and use, and if now constructed to maintain and use, conduits or subways, including necessary manholes, and to run cables and wires in, under and along the streets, alleys and public places of the Town of Pamplin, Virginia, for the purpose of distributing and transmitting electric current for light, heat and power, and to supply and sell electric current for light, heat and power at any point within the corporate limits of the Town, as the same now exist or may hereafter be extended or altered.

Section 2. From and after the date on which this ordinance shall become effective, the poles and other structures in, under and along the streets, alleys and public places of the Town, authorized by this ordinance to be located and constructed, shall be located at reasonably suitable and convenient points. If and when requested by the Mayor or other proper administrative officer of the Town, the grantee shall, from time to time, file with the Town plans showing the location of proposed additional poles or structures, and obtain a permit therefor prior to their construction in, under and along the streets, alleys and public places of the Town.

Section 3. In the location and erection of the poles, conduits and other structures and fixtures and in stringing the wires as herein authorized, the said grantee shall have the right to trim, cut and keep clear of its wires and fixtures the trees in and along the streets, alleys and public places of the Town, but shall not cut or otherwise injure said trees to any greater extent than is reasonably necessary in the construction, maintenance and operation of the said poles, wires, fixtures and other structures of the said grantee as herein authorized and provided.

Section 4. In the event the said grantee shall, in the construction or repair of its works, injure any pavement, sidewalk, sewer, water or other pipe or works belonging to the Town, it shall, upon notice thereof from the Mayor, promptly repair the same at its own cost and expense.

Section 5. The said grantee shall, when so requested by the Council of the Town, permit its poles, towers and other structures to be used without compensation by said Town for the purpose of placing thereon any traffic lighting, fire or police alarm, telegraph or telephone wires which may be necessary for the exclusive use of the police or fire department of the Town, provided that such use by the Town shall not interfere with the proper use of said poles, structures and fixtures by the said grantee, and that the location and character of said wires and fixtures of the said Town shall be subject to the approval of the grantee herein, and provided further that the said Town shall, and it hereby agrees to, indemnify and save harmless the said grantee from any and all loss, damage, cost or expense to, or which may be incurred by said grantee, or to which it may be subjected by reason of or as a result of the use of said poles and structures by the Town as in this section provided.

Section 6. The said grantee agrees and binds itself, by the acceptance of this ordinance, to indemnify, keep and hold the Town free and harmless from liability on account of injury or damage to person or property growing out of the construction, improvement, maintenance, repair and operation of its lines or works, and in the event that suit shall be brought against the Town, either independently or jointly with said grantee on account thereof, the said grantee, upon notice to it by the Town, will defend the Town in any such suit at the cost of said grantee, and, in event of a final judgment being obtained against the Town, either independently or jointly with said grantee, the said grantee will pay such judgment, with all costs, and hold the Town harmless therefrom; but nothing herein contained shall be construed to render said grantee liable for the negligence of the Town, its agents or employees or of any other person or corporation.

Section 7. The rights and privileges herein set forth are granted and conferred upon the said grantee, upon the express condition and understanding on the part of the said grantee, that it will render to the public in the Town within the territory served by the said grantee, at all times during the term of this ordinance, an efficient light and power service at reasonable rates, and that it will maintain its properties, works and structures located within the Town in good order throughout the term of this grant, and the said grantee by accepting this ordinance expressly agrees that the State Corporation Commission shall have jurisdiction, to the full extent and in the manner now or hereafter during the life of this ordinance provided by law, to require the said grantee to render an efficient service at reasonable rates, and to maintain its property in good order throughout the term of this grant, and to otherwise enforce the provisions of this section to the full extent provided by law.

Section 8. Any person who shall maliciously or wrongfully tamper or interfere with, cut, injure or destroy any of the poles, wires, fixtures or other property of the said grantee, constructed and maintained in accordance with the provisions of this ordinance, within the corporate limits of the Town, shall, on conviction thereof, be fined not less than five dollars nor more than fifty dollars.

Section 9. All the rights and privileges hereby granted to said grantee may be exercised by any successor or successors, assignee or assignees of the said grantee, but said successor or successors, assignee or assignees shall be subject to all the provisions, obligations and stipulations and penalties herein prescribed.

Section 10.- The rights and privileges hereby granted shall continue for the period of thirty years from and after the final passage of this ordinance, unless the same be sooner voluntarily surrendered by the said grantee, with the consent of the Council of the Town, or unless the same be sooner forfeited as provided by law.

Upon the expiration of the term of this grant and upon the termination of the rights hereby granted, by surrender, forfeiture or otherwise, all of the poles, wires, conduits, lines and other property of the said grantee in the streets, alleys or public places of the Town shall be removed from the streets, alleys and public places of said Town at the expense of the owner within a reasonable time after the expiration or termination of said rights and privileges, such time to be prescribed by the Council of the Town.

Section 11. This ordinance and the rights and privileges hereby granted and conferred shall not become effective unless and until the said grantee shall file with the Mayor of the Town its written acceptance thereof, in form satisfactory to the Mayor, and shall enter into a bond in the sum of One Thousand Dollars ($1,000), with surety satisfactory to the Mayor, conditioned to the effect that the grantee will construct and maintain, or if constructed, will maintain, the plant or plants provided for herein and reasonably necessary for the exercise of the rights and privileges granted in and by this ordinance, and will maintain the same in good order throughout the term of this grant, and will comply with the terms, provisions and conditions of this ordinance in all respects.

Section 12. The right is hereby granted to the grantee, insofar as the Town may lawfully grant such right, to operate the existing poles, wires and appurtenances, constructed within the corporate limits of the Town on the date this franchise is effective, and heretofore operated as an electric light and power distribution system within the Town as a part of the electric light and power distribution system of the grantee to be constructed and operated under this franchise.

Section 13. This ordinance shall be in force from its passage.

II. That upon the approval of this ordinance by the Mayor of the Town it shall be the duty of the Town Clerk to cause to be advertised once a week for four successive weeks, in some newspaper of general circulation in the Town, the draft of ordinance contained in the foregoing sections, and in addition he shall, by such advertisement, invite bids for the privileges and rights proposed to be granted by said ordinance, which bids shall be in writing and shall be delivered to the presiding officer of the Council of the Town in open session at the day and hour of the next regular meeting of the said body to be held next after such advertisement is completed, which bids shall then be presented to the Council by the said presiding officer to be dealt with and acted upon in the manner prescribed by law for franchise grants. Said advertisement shall expressly reserve the right to reject any and all bids, and the successful bidder shall be required to pay all costs of advertising the franchise in addition to the sum bid by it.

III. This ordinance shall be in force from its passage.

Passed by the Town Council of the Town of Pamplin, Virginia, on the 16th day of September, 1958.

J. Harold Anderson,
Mayor
Town of Pamplin, Virginia

(9-18-4tc)